

4. Leaping - run, run, run, leap, step, leap, run, run.

Working to perfect this into a smooth motion with a great deal of height.

Creative Dance

Lesson I

Warming-up---

- a. Skipping around room in one large o.
- b. 2 lines formed at each end of room facing. 8 run stps. fwd., 8 bk. 7 f. 7 b etc. down to 1. 1st beat on fwd. & bkwd. stps emphasized by stamp on floor.

Exercises----

A. above H., raised on toes with every muscle tense. On beat of drum sink to floor completely relaxed. Rt L. out at side along floor, lt. kn. bt. & on 1 to H. & A's drop fwd.

Sitt. apart, L's fwd. -----

Sitt. on floor, L's strgt. & as far apart as poss., toes pted. Strch up thru. Bk., H. high, lower part of bk. well ~~xxxx~~ drawn in & no supp. from hds.

Correct walking around room----

- a. Kn. lifted, toe pted down.
- b. strghted, toe up, hl. down.
- c. Hl. on floor, other l. has toe just touching ground.
- d. Roll onto ball of ft., other l. then raised.
- e. Wt. is slightly fwd. & H is held high.

Lesson II

Warm-up ex.

- a. Circle- skp. 4x to rt. J. 3x turn., clapp.hds on 4. Repeat to lt.--rpt.agin.
- b. Variations-- skp. fwd. 4 stps. & turn. instead of sliding sdways. Skp bk. turn w clap. Rpt.

Limbering-up ex.

1. Sitt. erect L's apart--wout help, sitt. w bk.strgt. & L's wide apart. Strch 2 hds. down to touch rt. toe, then lt. Btwn touches lift H & hds high 2ward ceiling. Bk. arched.

2. To strghen l. mus.--sitt. in same pos. as above raise rt. kn. off floor by contracting up. l. mus., thus stiffening whole l. and drawing toes up. Hl. does not move. Press l. onto floor again by using mus. Do not relax them.

3. Shld. mov.--sitt. w l's on rt. & rt. A. out in front, shld. fairly high, el. slightly bt. & fingers just touching floor. By means of Shlds. mus. el. & xxk wrist, raise hd. & A. slowly above H, fingers coming up last as if they were a wt. Dropping shld. 1st, el. wrist & finally hd. as palm reaches floor, then A is in former pos. ∠ L's. to other side & repeat w other A.

4. Hip loosening--A. outstrch. shld ht. 1 hd grsp. bar 4 bal. Raise other L. bk., then fwd. completely relaxed & all mov. coming from hips. Tr. about & rpt. w other L.

5. Wrist & hd. movements--a. rt. hd outstrch, clench fist, let fingers relax. Rpt. chang. hds. Variations by strch. fingers out as far as poss. as if reaching--then relaxing.

b. Move fingers as if doing 5 finger ex. bk. & forth. Strch. fing out as far as poss.

II.

c. Rt. A. outstch. move hd. in clock-w dir. All mov. coming from wrist. / dir.
Rpt. w lt.

Lesson Lesson III

Warm-up ex.

a. run. around room.
b. 4 goupsea. in corner. In turn the groups run to opp. corners start. very slow & gather. speed until at the end they r runn. as fast as poss. Rev time by start quick & ending slowly.

Limbering-up ex.

1. Repetition of(a) sitt. erect, 1. apart & touching toes. (II. 1)

2. 1. mus. strngth. (II. 2)

3. shld. mov. & A's. (II. 3)

4. hip loosen. -- this time all hold, hds for bal. (II.4)

5. Holding hds. for bal. every 2nd person work. Pt. lt. toe over rt. ft. sw.1. sdways from hip, then back across ft & rpt. Keep kn. strgt. & ft. pt. fwd. BE sure 1. does not go to bk. & frt. but directly sdways. Rpt. w rt. 1.

6. Chest Expansion-- Ly. flat on bk., a's extend sd. Raise chest slowly so rest. on top of H. Slowly raise to sitt. pos. & over to touch toes w hds. keep. ch. up & H. bk. until very last. Drop bk. to floor & rept.

7. Development of Bk. mus.--ft. apart, a's ext. shld. height, drop lt. shld. & move pectoral girdle to lt., keep. hips firmly in pos. Droprt. shld. & bd. to rt. Try w. part. push. shld. down & holding hip. Try hold. own hips.

8. Hands on shld. rpt. as above, this time keeping shld. steady & moving hip girdle from side to side.

6. Variations of walking.

a. Walk around room orginally.

b. " point. toes so that they touch floor 1st.

c. " - touch. hl. 1st-exaggerated.

d. "pigeon toe.

e. " duck fted. (toes pointed out)

f. " on tip toe w quick mincing stps.

g. " w long, low, slow stps.

Lesson IV.

Warming-up ex.

SKipp. in O. Reader lead. line in smaller O & so on spirally into middle & out in same way until one O is formed.

Limbering-up ex.--repetation of;

1. C.expansion.(III.C)

2.Tenseness to relaxation. (I.1)

3. Hip swing. (III. 2-II.4)

Hip & shld. mov.-- combination of mov. C. from s-s wout hip movement & vis-ver. Lean to lt. stp. w rt.ft. draw. lt. after you, & strght. 1st hip, shlds., then H. Lean to rt., stp. Lt & rpt.

III.

Strch. higher L. mus. - sit on floor facing part. L wide apart, bk. strght. 1 person places ft. on ank. of other person. Hold. hds. the inside person leans bk. to lie flat on floor pull. other person fwd. Sit up, then outside person leans bk. to lie on floor. Change pos. of ft. & rpt.

4. Shld. mov. -

a. sitt. on floor w ft. on rt., cup A's in front (oval shape). Hds level to hips. Strch A's out sways & bk., 1st shlds., elbows & last hds.
b. Do same as II. 3 only this time work w. 2A, 1 goes up as other comes down.

5. Ft. Strength.

a. St. w 1 ft. in front & raise up hl. bend. toes & seem. as if to push hl. thru arch of ft. Raise & lower. Rpt. w other ft.
b. st. w ft. 2-gether, raise hls. up & down as if 2 j. only toes r glued 2 floor. Make it light & springy.
c. Do same, 1 ft going up, then the other alt. Toes r glued 2 floor.

6. Variations of Walk.

a. W. 1 L. stiff.
b. s stp. slipp. slowly.
c. " " w 1 ft. crossing in front of lt. then behind lt alt.
e. On tip toes.
f. W. 1 toe point., other ft. w hl. touch. 1st.
g. L's mov. only from down, kns tog. (Variate w any other act. w hds., etc)
h. 3 stps. wide apart, 3 tog., etc.
i. Make up some stp w part.

Lesson V.

Warm.-up Ex.

a. In 1 line number. in 4's, 1's going to 1 corner, 2's in other, etc. 1 from both 1 & 3 run at same time pass. lt. shlds. & wav. as they pass. Then from 2, 4.
b. Same formation. This time run. & tak. a leap as u pass ea. other & wav. behind.

Limber.-up Ex.

1. Rep. of a.- stretch. higher L mus.
b.- bd. hip, shld.. H from s-s. This time bd. over to lt., stp sways w rt. ft. draw. B after u- hip, shld.. H till bent in other dir. q Stp 2 lt & rpt.
2. L. strght. - sitt. on floor, 1 L strgh. out, hds grasp. ank. & hl of other. Keep. bk. strgh. lift L w hds. so it strght agin B. Try & touch kn to H but don't bend bk.
3. L. swing. bhind. - kn. on 2 kns. w hds. on floor. Bd. rt. 1 fwd. then bk. straight. 1 & swing. it rt. up bhind. as straight as poss., bd in front of u & sw. agin. Change kns. & rpt.
4. Shld. Mov. - a. st. erect raise lt. shld., drop it, raise, drop, etc. Rpt. Rt.
b. Raise lt shld. & drop it, raise rt. & so on.
c. Move lt. shld. w circling mov.-up, fwd., down, bk., up, fwd. down bk. Rpt. w rt.
5. Elbow mov. - Extend lt. A. & hold hd. firm w rt. hd. Move el. in O, beg. w el. point. up as much as poss., then drop it out & down until el. is turned rt. in as far as poss. Smoothly return to start. pos. & rpt. Rpt. w rt. el.
6. L. swing - (similar to III b)

IV.

Pt. rt. toe in front of lt. ft., sw. L sways, bk. across, sways & st. lift. ~~lt.~~
ft. off floor as u do so. Remain bal. 4 a few ~~min~~ sec. Rpt. w lt ft.

7. Toe Ex.

- Repetition of IV, 5II & III.
- Walk. length of room on toes, touch. hl. at every step. same as ex. only in mot
- Walk. on toes very lightly & springly w/out touch. hls.
- Runn. on toes w short, springy steps.
- Runn. on toes w slow, sustained steps. & pause in mid-air if poss.

8. Fund. Mov.

- Swing.
- Sustained.
- Percussion.
- Vibration.

Swing--sw. A's across B., then bk. & up & so on. A's has 2 b started ea. time
& then on its own.

Sustained--sw. A but regulate tempo 2 do it vety slowly.

Percussion--A is sw. w great force & stops at shld. ht. both times by contract.
mus. Great deal of force used.

Vibration--Hd. or A vibrates w tiny quick mvts.

9. Sw. Creations.

- In part. make up some sw. movt.
- " 4's make up sw. movt. e.g. A., L., T., sw.

Lesson VI.

Warm.-Up Ex.

- Strgt. line in ht. order, skipp. fwd. & round to rt. coming down centre in 2's.
On reaching frt. of room divide one part. to rt. & one to lt. & still skipp. around
room meet again & come down centre in 1 single line.
- Skipp. alt people going to rt. & lt. round room and down centre, skipp. for 10
beats then J. in air on 11th, skipp. 10, J & so on.

Limber.-Up Ex.

- Repetition of 1(V)-6
11(V)-3
- Hl. Grip Lift.--sitt. on floor, L's to rt- lt ft. resting on top of rt. kn. Grasp
lt. hl. & ank with 2 hds ' lift L strgt. in front, keep bk. strgt & try 2 touch H
to L.
- Toe & Hip Turn- st. erect, pt. rt. toe, tow. lt. so that you r on the big toe,
the T. is firm & only hips turn. Then turn rt. ft. so it pts. to rt. & little toe
on rt. Turn to lt. then rt. & so on all the time only mov. hips & L.
- Shld. mov.--Drop shld. fwd & down, then up, bk & down, 8 mov. with the shlds so
that you make a fig. 8.
- L bend out. 4st. with L fairly wide apart, using upper L mus., bend knees down
and out as far as poss. so that they r over toes. Then pullup using L. mus. again.
- Sustained mov.
 - T sust.--from uprt. to bend. over w A's bk., then up again.
 - A " --same as swing (9-i) only very slow.

V.

c. Sustained A. mov.-facing fwd w wt. on lt ft. & rt. toe pt. outto side strch. rt. hd across B, w palm up & draw A along inft. of u as thou stork. velvet w bk. of hd. Strch. A as far 2 rt. as poss. Ch. had around ready to come bk w palm still upwd. Make mov. smooth & free, H mov. as well.

d. Sustained L sw.-st. erect wt. on rt ft. sw lt L slowly bk & round in a circle finishing up w toe slightly in frt. of rt. ft. & wt. transferred to lt. Sw. rt. L bk, around and so on.

7. Sustained Creations-Make up a sust. mov. w part., both doing either same or different.

Lesson VII.

Warm-up Ex.

- a. From one line down centre skipp. around room spirally to centre-turn bh out ag
- b. In 1 O, 4 slides to rt., 4 lt., J apart, tog., apart tog., ft. tog. J 4x around in circle.
- c. Inner & outer O, outer going to rt, inner to lt. Rpt. above 3X, then on 4th instead of J. round in O, J up & down 2X, down to squat & J up to pos. to finish.

Limbering-up Ex.-1. Same as hl. grip (III 2) only when L is lifted, flex ank at rt /'s to L, keep. kn strgt., extend. ft & lower-rpt.

2. Pt. lt.ft. tow. rt-Oing across in frt. of rt. ft., around in O & out to side so instep pt. to floor at side. Cont. O around closebehind ft. ft.round bk. to side & so across frt. again.

3. As above only use hips wout dragging toe.

4. Kn. & push. hips fwd.-kn. on floor & sitt. on hls w hds hold. hls. Push hips fwd. to form arch, throw H bk. so that whole B is arched. Still hold. on hls. regain pos. & drop H to kns. for rest.

5. Time Beat.

- a. Clapp. for diff. time notes.
- b. Walk. " " " "
- c. Orchestration-6 groups of 6 people ea. w diff. note value. Leader pts. to group in turn & they clap their value.
- d. In prs. mak. up conservation to beating time.

Lesson VIII

Warm-up Ex.- w part. walk. up centre of room ea. line separat. & form 2 sep O's. In O's rt. & lt. round once then skip round in small O w part. Rpt.

Limber.-up Ex.

1. St. try splits as far as can, holdlypos. sit down on floor L wide apart. W Hds over H bend over to put H on kns. & hds. touch. toes 1st to rt & then lt.
2. Walk. 3 steps on toes-on last J onto rt.& slant. bk., pt. lt out to lt in frt. Stop. lt., rt., J onto lt., slant. bk. & pt. rt. L.
3. As above only as u J on rt. ft. lt hd. is extend. down lt. L, palm up & rt. hd. behind. As u stp fwd. Lt. A O's round to bk. & rt A. to form so that it is extend down rt. L. as that is pt. out.

A Skipper - Running

g + top w alt kn lift fwd + up. A Surg. 7" (A & L)

Kn sitt - side flex.

(Lat)

11 A sw $\frac{1}{2}$ up (2X) f. s. g. T. to top floor. (up + low B)

Hint.

Easy A surg.

A side - Hook lil 2 h. roll from side to side abd.

Hop with alt toe touch 5 (4X) fol by 3 j's on step.

Bk. ly. bicycling

B) Coupees - Bk to bk. long sitt slow alt f - Bk. pull
part over. (take carefully.)

C) Running Hops

Lois Reighton.

Swimming.

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very satisfactory
of.

"Swimming Simplified."

Chapter I Pages 1-22.

Beginner's First Lesson.

1. Feel at home.
2. Solve problems relating to
 - (A) breath control
 - (B) floating
 - (C) regaining standing position.

1. Preliminary steps for Inspiring The Novice With Confidence.

- (1) source of enjoyment.
- (2) lay foundation for the fundamentals of swimming & diving.

Introduction to King Neptune's Realm.

1. Sit about edge of swimming-pool.
2. Rest feet on edge or in water
3. Join hands.
4. At signal jump in feet first.

Jumping the Breakers.

1. Grasp railing or join hds in line or circle formation.
2. Jump breakers rising high, then submerging shoulders or dipping under. In this vigorous play fears are unconsciously swept away.

Walking Race.

1. Teams line up on opp. side of pool.
2. join hands.
3. At signal race to centre, face about & return.

Walking Race, Using Crawl Arm Movements.

1. Same as above.
2. Walk across pool using crawl A. movt.

Chain Race.

1. Stand in column formation.
2. Place kds around waist of person in front.
3. At signal race 2 side side by jumping, walking, running, etc without breaking chain.

2. Breath Control.

- (1) Assurance again' strangling.
- (2) Choking caused by water in air-passages.
- (3) Greater pressure of air in nose to counteract upward pressure of water.

Home Practise.

Starting Positions - Use large basin of water. Place side of face in water, raise mouth sufficiently to clear surface.

Exercise 1. Holding The Nose.

1. Take deep breath, close mouth, submerge face.
2. Hold nose if desired.
3. In few secs. 'open the eyes'.
4. Repeat.

Ex. 2. Exhaling Under Water.

1. Take deep inhalation, close mouth, submerge face exhale some air thro' nose under water.
2. Return 2 start & exhale rest of air.
3. Repeat.
4. When done correctly - blowing of bubbles.

Ex. 3. Holding The Breath.

1. Practise on land.
2. Deep breath, hold nostrils, exhale gently experiencing plugged feeling.
3. Place hand under nostrils.
4. Deep breath, exhale, feel air on hand.
5. In midst of exhalation stop, but have same feeling of forcing air out of nose.